



Adult Special Interest

Adult Ballet

15yrs – Adult

Learn the basics of technique and terminology. Includes learning body alignment, posture, and flexibility. No prior training needed: barre, center, across the floor variations, choreography.

Instructor: Virginia Crimmins Westcott. Pre-registration required. Location: Dorothy Hart Community Center

Tuesdays, 12:30pm – 1:30pm

May 10 – May 31

June 7 – June 28

\$60/\$65(residents/non-residents)

Ballet (Intermediate to Advanced)

13yrs – Adult

Prior training required. Class is designed to provide students with an opportunity to continue their pursuit of the classical ballet technique, variations, and choreography. Additional emphasis on technical development and extended movement combinations. Students will work on their performance qualities, musicality and artistry. In class working rehearsal at the end of class Instructor: Virginia Crimmins Westcott. . Pre-registration required. Location: Dorothy Hart Community Center

Tuesdays, 1:00pm – 2:00pm

July 12 – August 2

\$60/\$65(residents/non-residents)

Performing Arts – Dance Workshop Series

10yrs - Adult

This is a master class workshop designed to inform and inspire students of all levels. A 90 minute workshop that includes instruction in dance and theatre arts. We will explore communicative medium of dance as a means of human expression involving our mental, emotional, physical artistic abilities. Students will be sections into age appropriate levels. Instructor: Virginia Crimmins Westcott. Pre-registration required. Location: Dorothy Hart Community Center.

Wednesday, 5:30pm – 7:00pm

May 18

Wednesday, 5:30pm – 7:00pm

June 8

Wednesday, 5:30pm – 7:00pm

June 22

\$8/\$10 (residents/non-residents) ** Fee is Per Session



Open Classes for Dancers

15yrs – Adult

Open class for students with training or no prior training. Aimed at achieving flexibility and well-being in a stress free environment. (Ballet technique, Barre center, and across the floor) Classes include a variety of dance forms and are open to students of all needs and levels. Instructor: Virginia Crimmins Westcott. Pre-registration not required. Location: Dorothy Hart Community Center.

Tuesdays, 11:00am – 12:00pm

May 10, May 17, May 24, May 31, June 7 and June 14

\$10/\$12 (residents/non-residents) ** Fee is Per Session

Study in Theatre Arts (Advanced)

16yrs - Adult

Professional series for participants who are already performing and need to sharpen their skills, receive critique, and improve movement as a natural outcome of personal expression. Class working rehearsal will be presented to parents and friends at the end of the last class. Instructor: Virginia Crimmins Westcott. Pre-registration required. Location: Dorothy Hart Community Center

Thursdays, 5:15pm – 6:30pm

June 23 – July 14

\$60/\$65(residents/non-residents)

Play the Guitar

13yrs - Adult

Join guitarist/songwriter Peter Mealy for an exciting introduction to playing the guitar. Peter's class will equip you with all the chords and strumming patterns you need to play countless songs. You'll be playing songs after the first lesson! Teaching materials are provided. Students must have their own guitar. Instructor: Peter Mealy. Pre-registration required. Location: Dorothy Hart Community Center

Saturdays, 10:30am – 11:30am

June 4 – 25

July 9 – July 30

August 6 – August 27

\$50/\$50 (residents/non-resident)

Basic RAD Rape Aggression Defense

16yrs – Adult

A four-week course for women only--focuses on physical defense and ways to avoid potential attacks. You will learn punches, kicks, and ways to get away from an attacker. This program is being brought to you in conjunction with the Fredericksburg Police Department. Pre-registration required. Location: Conference Room, Fredericksburg Police Department

Tuesdays, 7:00pm – 9:00pm

June 7 – June 28

\$12/\$12(residents/non-residents)

Basic Dog Manners (Daytime & Evening)

16yrs – Adult

Using positive reinforcement methods, your dog will learn the commands needed to pass the AKC Good Citizen Test. Through your commands the dog will learn to come, sit (and stay), down (and stay) and heel. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first night's orientation. Dogs must attend ALL five classes. Instructor: Sarah Ferrell. Pre-registration is required. Please request a supply list upon registering. Location: Dorothy Hart Community Center

Wednesdays, 2:30pm – 3:30pm (Daytime)

July 20 – August 17

Wednesdays, 7:00pm – 8:00pm (Evening)

July 20 – August 17

\$89/\$99 (residents/non-residents)

*****Sign up for this class and get \$5.00 off on our ASHI Pet First Aid class!!**

Advanced Dog Manners

16yrs - Adult

For the dog that came to a basic skills class and now wants to hone their attention and obedience response vocabulary, this is the class for you. We will work on all ten tasks of the AKC Canine Good Citizen Test as part of our school work. Owners working on their AKC Novice work may wish to practice a run-through of the AKC Novice work as their graduation. Instructor: Sarah Ferrell. Pre-registration required. Location: Dorothy Hart Community Center

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Heartsaver First Aid and CPR/ AED certification

14yrs - Adult

Heartsaver® First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Participants may register for the whole class or register for the first aid portion or CPR (9:30am-1:00pm) or the CPR (1pm-5pm) portion only. Call for pricing. Please bring bag lunch! Instructor: Tim Carpenter. Pre-registration required. Location: Dorothy Hart Community Center.

Friday, 9:30am – 5:00pm

June 10

July 8

August 5

September 9

\$55/\$60 (residents/non-residents)

ASHI Pet First Aid

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Friday, 9:30am – 1:00pm

September 23

\$40/\$45 (residents/non-residents)

*****Sign up for one of our dog training classes and get \$5.00 off this class!!**



Paws and Whiskers 2016

Fredericksburg Parks and Recreation will be having our annual Paws and Whiskers Bazaar to benefit The Greater Fredericksburg SPCA on Saturday, October 1, 2016. Half of all proceeds generated will be donated to the Fredericksburg SPCA!

We will have vendors selling homemade goodies just for you and your pet(s) as well as a silent auction and special prizes!

Are you interested in being a vendor? Spots go fast! Call (540) 372-1086 ext. 217.



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Colored Pencil

16yrs – Adult

A class where you can learn how to draw and “paint” on paper using high quality pencils, in beautiful, vibrant hues. A beginner class. Instructor: Abigail Squyres, A Certified Art Education Specialist. Pre-registration required. Location: Dorothy Hart Community Center.

Thursdays, 4:00pm – 7:00pm

August 18 – September 1

\$35/\$40 (residents/non-residents)

Watercolor I (Beginner)

16yrs – Adult

Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on four pieces throughout the course. Supply list provided upon registration. Pre-registration required. Instructor: Nancie Harris. Location: Atrium Gallery Art Studio

Tuesdays, 10:00am – 12:00pm

May 3 – May 24

Tuesdays, 7:00pm – 9:00pm

May 3 – May 24

\$41/\$46 (residents/non-residents)



Watercolor II (Advanced)

16yrs – Adult

Must have experience. Paint with confidence as your skills continue to improve and you share your work with others. Supply list provided upon registration. Instructor: Nancie Harris. Pre-registration required Location: Atrium Gallery Studio

Tuesdays, 10:00am – 12:00pm

June 7 – June 28

Tuesdays, 7:00pm – 9:00pm

June 7 – June 28

\$41/\$46 (residents/non-residents)

Acrylic Workshops

Learn how to paint with acrylics in these art workshops and classes for artists of all levels. You will get to experiment with this very vertical medium and you complete a painting in each session. Each workshop is an individual class. Instructor: Nancie Harris. Pre-registration required. Location: Atrium Gallery Art Studio.

Thursday, 10:00am – 12:00pm

July 14

July 21

July 28

\$25/\$30 (residents/non-residents)

Acrylic I (Beginner)

16yrs – Adult

This easy, portable art will offer beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques; try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative. Supply list provided upon registration. Instructor: Nancie Harris. Pre-registration required. Location: Atrium Gallery Art Studio

Thursdays, 10:00am – 12:00pm

May 5 – May 26

Thursdays, 7:00pm – 9:00pm

May 5 – May 26

\$41/\$46 (residents/non-residents)



Acrylic II (Advanced)

16yrs - Adult

This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects. Supply list provided upon registration. Instructor: Nancie Harris. Pre-registration required. Location: Atrium Gallery Art Studio

Thursdays, 10:00am – 12:00pm

June 9 – June 30

Thursdays, 7:00pm – 9:00pm

June 9 – June 30

\$41/\$46 (residents/non-residents)

Let's Paint a Canvas: Art Workshop for Adults

18yrs - Adult

Each workshop is an opportunity to play. You will be guided in a step by step process of creating a 12 x 12 canvas that you will be proud to give as a gift or display in your home. Each workshop is a good way to make memories with some friends or try something that you have been thinking about learning this year. Bring light snack. Supplies listed will be given upon registering. Instructor: Robin Norgren. Pre-registration required. Location: Dorothy Hart Community Center.

Saturday, 7:00pm – 9:00pm

May 14 – Dragon Flies

May 21 – Vase of Flowers

June 4 – Birds

June 11 – Teapot/Teacup

July 9 – Butterflies

July 23 – Dragonflies

August 6 – Vase of Flowers

August 20 - Birds

\$30/\$35 (residents/non-residents)

Pysank

16yrs - Adult

Simply put, it is an Easter egg decorated using a wax resist (aka batik) method. Its name derives from the Ukrainian verb "pysaty," meaning "to write." Class is beginner level. The course is essentially the theory and a step-by-step procedure to do one simple Pysank design. Instructor: Abigail Squyres, Certified Art Education Specialist. Pre-registration required. Location: Dorothy Hart Community Center.



Friday, 10:00am – 2:00pm

June 3

Tuesday, 4:00pm – 8:00pm

July 12

Saturday, 10:00am – 2:00pm

July 30

\$35/\$40 (residents/non-residents)

*****Fee includes supplies**

Essential Oils Class(es)

16yrs – Adult

Essential Oils are rapidly gaining popularity as the natural way to support your overall health and wellness. They can be used for everything from stress and pain reduction, breathing and stomach issues, wound healing and immune system repair. People are also now using essential oils for cleaning and personal care as well. Lindsey McClellan will discuss the many uses for essential oils; choosing the appropriate oil, application techniques, and how oils relate to each other. Depending on your particular interest you can take any or all of the classes listed below. There is an additional one-time materials fee of \$35 for the Reference Guide to the Essential Oils that will be used in each of the classes.

Essential Oils Overview

Saturday, June 4 10:00 am – 11:00 am

Respiratory & Immune System Support

Saturday, June 18 10:00 am – 11:00 am

Managing Everyday Aches/Pains and Daily Stress

Saturday, July 2 10:00 am – 11:00 am

Chemical Free Home (Cleaning and personal Care Items)

Saturday, July 16 10:00 – 11:00 am

Health Supplements

Saturday, July 30 10:00 am – 11:00 am

\$20 per class or \$80 for all 5 plus onetime \$35 materials fee for Essential Oils Reference Guide

Learn to Play Bridge (Beginner)

16yrs – Adult

Novice class for people wanting to learn to play bridge. Players will learn how to bid, play-of-the-hand and scoring. Registration is limited to eight (8) players. Instructor: Judy Haney. Judy is American Contract Bridge League Certified. Pre-registration required. Location: Dorothy Hart Community Center.

Thursdays, 5:30pm – 6:30pm

July 14 – July 28

\$35/\$40 (resident/non-resident)



Improve Your Bridge Game, Learn Two over One (Intermediate to Advanced)

16yrs – Adult

For the intermediate or advanced player only. Learn better hand evaluation, better defense techniques, and better leads. Instructor: Judy Haney. Judy is American Contract Bridge League Certified. Pre-registration required. Location: Dorothy Hart Community Center.

Thursdays, 7:00pm – 8:00pm

July 14 – July 28

\$35/\$40 (resident/non-resident)

We are partnering with the Central Rappahannock Regional Library this summer to bring you fun and creative programs such as the Altered Book Workshop, Adult Coloring and a new book club. Watch this summer for more details!



Adult Special Interest

Photography Classes

These classes are perfect for both the beginning and more experienced photographers. Whether being behind the lens is a hobby or a business for you, these classes will fine tune all of your skills. All classes are held at Maury Commons. Pre-registration required. Class Questions? Email Vincent Knaus at VincentKnaus@mac.com.

Intro to Digital Photography

14yrs - Adult

Do you have a DSLR camera that has more modes and menus than you can figure out? In this one-day class, you will learn about digital photography, ISO, f-stops, shutter speed, white balance and the various camera modes of digital cameras. Bring your DSLR or Point & Shoot camera, and owner's manual. Instructor: Vincent Knaus. Pre-registration required. Location: Maury Commons. \$15/\$15 (residents/non-residents)

Wednesday, 10:00am – 12:00pm
June 1

Tuesday, 7:00pm – 9:00pm
July 5

Saturday, 10:00am – 12:00m
August 13

Photography - Understanding Exposure

14yrs - Adult

Do you have trouble figuring out how to get the best exposure for the photos you want to make? This class will help you understand what exposure choices you have when making photos. Learn to control the camera so that you get the exposures you want. Instructor: Vincent Knaus. Pre-registration required. Location: Maury Commons. \$15/\$15 (residents/non-residents)

Wednesday, 1:00pm – 3:00pm
June 1

Tuesday, 7:00pm – 9:00pm
July 12

Saturday, 1:00pm – 3:00pm
August 13

Organizing Your Photos in Lightroom

14 yrs – Adult

Understanding how Lightroom's Library module can help you get all of your photos organized is essential. Using keywords, metadata, flags and ratings are just a few of the topics that will be covered in this class. A laptop with Lightroom preloaded will be helpful but not essential. Instructor: Vincent Knaus. Pre-registration required. Location: Maury Commons. \$15/\$15 (residents/non-residents)

Wednesday, 10:00am – 12:00pm
June 8

Tuesday, 7:00pm – 9:00pm
July 19



Processing Your Photos in Lightroom

14 yrs – Adult

Learn how to use Lightroom's Develop module to process and enhance your photos. This class will cover using basic adjustments in Lightroom to automating your workflow with presets. A laptop with Lightroom preloaded will be helpful but not essential. Instructor: Vincent Knaus. Pre-registration required. Location: Maury Commons. \$15/\$15 (residents/non-residents)

Wednesday, 1:00pm – 3:00pm
June 8

Tuesday, 7:00pm – 9:00pm
July 26



Learn how to take nature photos with your cell phone. See how on page 13.